



## What Type Am I?

### Extraverting (E) VS Introverting (I) Where we get our energy



#### Extraverts

seek interaction  
enjoy groups  
act or speak first, then think  
expend energy  
focus outwardly  
talkative  
like variety and action  
outgoing  
think out loud  
enjoy discussing



#### Introverts

like to be alone  
enjoy one-on-one  
think first, then speak or act  
conserve energy  
focus inwardly  
quiet  
like to focus on one thing  
reserved  
think to themselves  
enjoy reflecting

### Sensing (S) VS iNtuiting (N) How We Take in Information



#### Sensors

prefer facts, concrete info  
more interested in reality  
pay attention to specifics  
are practical and realistic  
focus on the present  
value common sense  
are pragmatic



#### iNtuitives

prefer insights, abstract info  
more interested in possibilities  
focus on the big picture  
are inspired and imaginative  
focus on the future  
value innovation  
are speculative

## Thinking (T) VS Feeling (F)

### How We Evaluate Information and Make Decisions



#### Thinkers

are firm-minded  
analyze the problem  
objective, convinced by logic  
are direct  
value competence  
decide with their head  
value justice  
can be seen as insensitive  
are good at critiquing  
usually don't take things personally



#### Feelers

are gentle-hearted  
sympathize with your problem  
subjective, convinced by values  
are tactful  
value relationships  
decide with their heart  
value harmony  
can be seen as overly emotional  
are good at appreciating  
usually take things personally

## Judging (J) VS Perceiving (P)

### What Lifestyle We Prefer



#### Judging types

seek closure  
value structure  
plan ahead  
like order  
work now/play later  
like to complete projects  
goal-oriented  
more structured  
like things settled and decided



#### Perceiving types

seek openness  
value the flow  
adapt as they go  
like flexibility  
play now/work later  
like to start projects  
process-oriented  
more easygoing  
like things open and spontaneous